



# THE BEAR NECESSITIES

Buckhorn Public School Newsletter



1783 Lakehurst Rd. Buckhorn, K0L 1J0 \* 1-705-657-8803 Safe Arrival 1-844-434-8119

<https://buckhorn.kprdsb.ca/> \*Twitter @BuckhornPs \*YouTube



Hello Buckhorn Bears,

Welcome to the team Jeanna Jones, Early Childhood Educator, Kyle Sorenson, Educational Assistant and Rebecca Soden teaching grade 1 for Victoria Wasson who is on maternity leave.

This month, we take time to remember and respect the sacrifices made that allow us to live in peace. Armistice Day makes the end of hostilities during the First World War. On November 11 at 10:45 Buckhorn will have an outdoor ceremony at the front of the school. As it is outdoors, the community is welcome. Prior to the ceremony, each student will paint a rock red and place a message on it in remembrance. These rocks will adorn the armor stone along the road in front of the school.

Thank you to all of you who provided feedback on Individual Education Plans; we value your partnership in your child(ren's) education. Progress reports will be going home November 19<sup>th</sup> and we welcome virtual interviews to be scheduled between you and your child(ren's) teacher(s) the days following. Please contact teachers for an interview time.

We are elated with the turnout for our book fair even though it was a rainy week. We trust everyone was able to find a just right book for home and we have purchased many books from student wish lists for classrooms and our library.

We are excited to have our Disc Golf six-hole course installed through the forest. The school currently has 26 discs to play the course. Thank you to school council, staff, and community volunteers for their time on a Sunday.

Speaking of volunteers, if you have not seen our gardens, please peek the next time you are driving by. Thanks to the Buckhorn Lions club, Buckhorn Sand and Gravel and Horlings for giving the front of our school a big makeover. Not only are the weeds gone but we now have beautiful new shrubs, evergreen trees, and perennials.

Please make sure you have updated verification forms and have enabled messages to come through via School Messenger and EDSBY. We need up to date information to keep you connected and informed. A reminder to use the absence reporting system via [studentabsence.kprdsb.ca](http://studentabsence.kprdsb.ca) or call 1-844-434-8119. The new COVID protocols have been emailed to you and are included in this newsletter for your reference.



If you have any questions or have not received an email you think you should have, please check your junk mail folder and or contact the office. We want to ensure everyone is always in touch with what is happening with their children and their community school.

In partnership,  
Rachelle Duffus



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## BUCKHORN

## STAFF 2021-2022

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ECE  
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Gr. 1/2  
Gr. 2 / 3  
Gr. 4  
Gr. 5  
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Superintendent  
Trustee  
First Nations Trustee

French / SERT  
Library / JK/SK  
Primary Planning  
Child and Youth Worker  
Educational Assistant  
Educational Assistant  
Educational Assistant  
Personal Care Assistant

### CHECK OUT OUR NEW CLOTHING LINE FEATURING THE BUCKHORN BEAR!

[https://stores.inksoft.com/buckhorn\\_public\\_school/shop/home](https://stores.inksoft.com/buckhorn_public_school/shop/home)



Retro Trucker Hat 2-Tone



**Register to Use IXL Math and Raz Kids at home!**



**PLEASE MAKE SURE YOU ARE REGISTERED,**  
Email your teacher for access codes.





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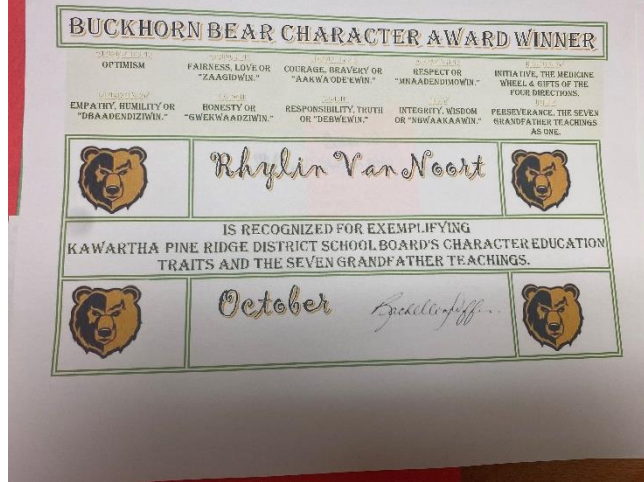
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## Buckhorn Proud

### October Awards Winners for Fairness



Olivia Brignell



Rhylin VanNoort



Hadleigh McCracken



Michaela Brown



Hudson Frew



Phyfer Houthuys



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**Xavier Frew**



**Lean Brooks**



**Teaghan Jackman**



**Annalise Welk**



**Erik Schultz**



**Parker Michaelov**



**Arwyn Heidman**



**Sadie Brown**



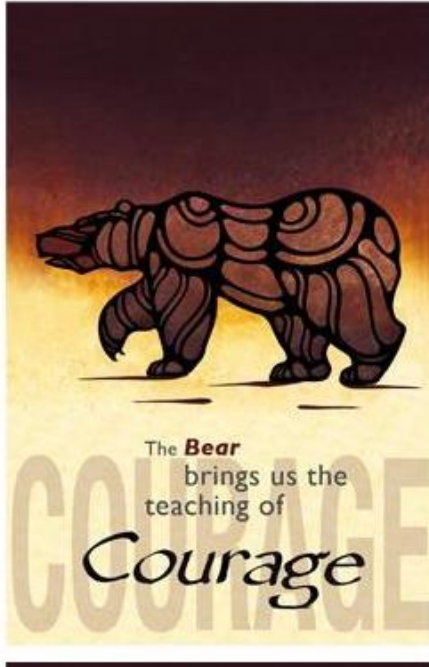
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## Courage. To be courageous means:

- I face challenges
- I speak up for myself and other even when it may be unpopular
- I ask for help when necessary
- I recognize risks and dangers
- I do not take unwise chances to please others

We equate this to the Seven Grandfather Teaching of Bravery or "Aakwa'ode'ewin." Bravery is represented by the bear. The mother bear has the courage and strength to face her fears and challenges while protecting her young. The bear also shows us how to live a balanced life with rest, survival and play. To face life with courage is to know bravery.

Buckhorn School Council is using FlipGive, to raise money for Scientist in the Classroom, Forest of Reading, Jimmy the Break-dancer, comfy seating for children and a new playground structure.

# FlipGive

TEAM FUNDING MADE EASY

School Council will earn cash back on every purchase anyone makes through the Buckhorn Team all year long! All you have to do is shop anytime with the brands you already love, like Home Depot, Walmart, Sport Chek, Indigo, Old Navy, Apple, Esso, and Loblaws through the Flip Give site.

1. Join our team now and you'll get a \$5 bonus the first time you shop:

[https://flipgive.app.link/teams/join?fundraiser\\_name=Ashley&joincode=5CYF77](https://flipgive.app.link/teams/join?fundraiser_name=Ashley&joincode=5CYF77)

2. Or enter this code: 5CYF77

- After using the link above to access FlipGive
- Click JOIN THE TEAM
- Choose a way to sign up; Google, Facebook (great for sharing), Apple or Other
- Sign in as you normally would to one of those accounts.
- If you see Buckhorn Public School 2020 2021 - press blue button to JOIN THIS TEAM
- Select a player - Click I DON'T HAVE A PLAYER. I'D LIKE TO SUPPORT THE TEAM
- Select an option
- Add your favourites then click CONTINUE
- You can customize your earnings or just leave as is - this doesn't dedicate you to anything, its just an option
- YOU ARE ALL SET - START SHOPPING AND FUNDRAISING FOR BUCKHORN



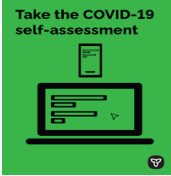
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Every morning before heading to school, staff and students **must** complete the daily self-screening, available at

<https://covid-19.ontario.ca/school-screening/>.

## Stay healthy. Stay calm.

8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.

### Stay Healthy

Families are facing major changes in their day-to-day lives because of [coronavirus disease \(COVID-19\)](#). With all the unknowns that come with a new virus, it's normal to feel anxious about the "what ifs" and the future. There are ways parents can help children cope with stress and anxiety about COVID-19. Every month we will offer tips on how to help children with anxiety about COVID-19.

2. Check in frequently and listen  
Check in with your child frequently about how they're feeling and listen without interrupting. Hearing your child's concerns, validating their feelings and keeping

communication open is an important way to support them during this time.

You can help your child manage feelings of anxiety by sharing ways you cope when you feel anxious. Let them know it's normal to feel upset or anxious and that you are there to help. Ask your child how you can best encourage them when they don't feel good.

"For example, you can ask 'What are two of your best qualities I can remind you of when you're feeling sad?' or 'What is a book we can read together when you're feeling worried?'" suggests Kumar. "Often, your child might just want to hear that you're there for them and you love them."

It's also important to create healthy boundaries when it comes to media coverage surrounding COVID-19, relying only on trusted sources of information. See more tips for talking to your child about COVID-19.

While a schedule will help, Kumar says it's also okay to acknowledge that the new normal is not normal. "Be understanding of the fact that it's going to take time to adjust," she says. "If the daily schedule doesn't go as planned, that's okay! Try again tomorrow."



### Snack Program Continuing Every day in Class

Thank you, Sue, Angela, and all the volunteers who prepare the Student Nutrition Program at Buckhorn.

Coolers will be filled with nutritious snacks every morning and placed in classrooms. When students are hungry, teachers can offer students healthy snacks.



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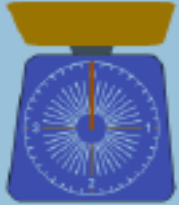
## This month we Learn about Measurement

### measure

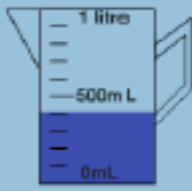
• use of standard units to find out size or quantity in regard to:

length, breadth, height, area, mass, weight, volume, capacity, temperature and time.

#### EXAMPLES of MEASURING TOOLS:



scales  
mass or weight



measuring jugs  
capacity  
fluid volume



clocks  
time



rulers and tape measures  
length, breadth, height

### standard units of measurement

• standard amount or quantity.

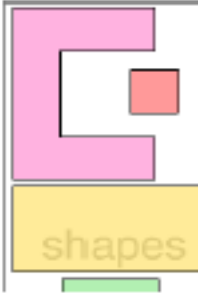
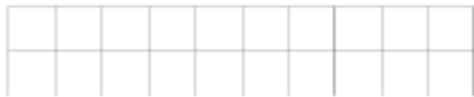
SOME EXAMPLES:	METRIC	IMPERIAL
<b>Length</b>	cm centimetre m metre km kilometre	inch foot yard chain furlong mile
<b>Area</b>	cm <sup>2</sup> square centimetre m <sup>2</sup> square metre km <sup>2</sup> square kilometre	square inch square foot square yard acre section square mile
<b>Capacity</b>	mL millilitre L litre	fluid ounce pint gallon
<b>Volume</b>	cm <sup>3</sup> cubic centimetre m <sup>3</sup> cubic metre	cubic inch cubic foot cubic yard
<b>Mass</b>	g gram kg kilogram t tonne	ounce pound ton
<b>Time</b>	s second m minute h hour	
<b>Temperature</b>	°C degrees Celsius	°F degrees Fahrenheit

### area

• the size a surface takes up.  
• measured in square units.

#### EXAMPLE:

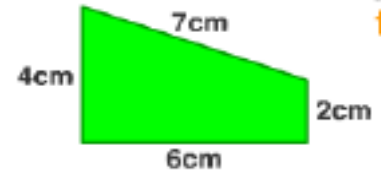
Drag the shapes over the grid and count how many square units.



### perimeter

• distance around the outside of a shape.

#### EXAMPLE:



$$\text{Perimeter} = 4\text{cm} + 7\text{cm} + 2\text{cm} + 6\text{cm} = 19\text{cm}$$

### temperature

• a measurement of how hot or cold something is.

#### EXAMPLES: thermometers

- temperature is measured with a thermometer.
- temperature is measured in degrees.
- two common temperature scales are the Celsius scale (°C) and the Fahrenheit scale (°F).

#### Celsius

0°C = freezing point of water  
100°C = boiling point of water  
37°C = human body temperature



#### Fahrenheit

32°F = freezing point of water  
212°F = boiling point of water  
98.6°F = human body temperature

Name	The Number	Prefix	Symbol
trillion	1,000,000,000,000	tera	T
billion	1,000,000,000	giga	G
million	1,000,000	mega	M
thousand	1,000	kilo	k
hundred	100	hecto	h
ten	10	deka	da
unit	1		
tenth	0.1	deci	d
hundredth	0.01	centi	c
thousandth	0.001	milli	m
millionth	0.000 001	micro	µ
billionth	0.000 000 001	nano	n
trillionth	0.000 000 000 001	pico	p



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## PLEASE REVIEW THE UPDATES TO PETERBOROUGH HEALTH COVID PROTOCOLS

### My Child Did NOT Pass the COVID-19 Daily Screening. Now What?

(Please see [SCHOOL AND CHILDCARE SCREENING TOOL](#) for details on symptoms and screening.)

If your child has **ONE** new or worsening symptom (that is not related to a known cause or condition) which includes:

- Fever and/or chills (37.8 °C or higher)
- Cough or barking cough (croup)
- Shortness of breath
- Decrease or loss of sense of taste or smell
- Nausea/vomiting, diarrhea

If your child has:

- Been directed by a health care provider or public health to isolate OR if your child is not at least 14 days post 2<sup>nd</sup> vaccination and has:
  - ✓ Travelled outside of Canada in the past 14 days
- OR
- ✓ Been identified as a close contact of someone who has COVID-19
- OR
- ✓ Has received a COVID-19 Alert exposure notification on their cell phone in the last 14 days

**STOP**

**Your child must not attend school or child care.**  
Contact the school or child care to let them know.

Your child must self-isolate (stay home) and book a **COVID-19 test at an assessment centre** and/or seek medical advice.

\*All household members must self-isolate EXCEPT those who received their 2<sup>nd</sup> vaccination at least 14 days ago or were previously positive for COVID-19 within the past 90 days AND have no symptoms.

Refer to the **Return to School or Child Care** protocol.

**STOP**

**Your child must not attend school or child care.**  
Contact the school or child care to let them know.

Your child must self-isolate (stay home) and follow the advice of the Local Public Health Unit.

If your child develops symptoms, you should **book a COVID-19 test at an assessment centre** and/or seek medical advice.

Refer to the **Return to School or Child Care** protocol.

**\*Anyone who has passed the COVID-19 Screening Tool but has symptoms of illness should stay home until they feel better.**



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**PLEASE REVIEW THE UPDATES TO PETERBOROUGH HEALTH COVID PROTOCOLS**

## Return to School or Child Care

### Child Received NEGATIVE COVID-19 Test Result

Your child can return to school, or childcare if:

They do not have a fever (without taking medication)

AND

Symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (nausea, vomiting, diarrhea)

AND

They have not been directed by public health to self-isolate at home

\*All unvaccinated household members must self-isolate while symptomatic person is awaiting test results. Once the person with symptoms receives a negative COVID-19 test result, household members may return to work/school/childcare

### Child Was NOT Tested for COVID-19

Your child can return to school or childcare if:

They received an alternate diagnosis from a health care provider.

\*Unvaccinated household members can also stop isolating and return to school/child care once the child is provided with an alternate diagnosis.

OR

Your child self isolates for 10 days from the start of symptoms.

\*All unvaccinated household members of the symptomatic child who was not tested must self-isolate for 10 days from their last contact with them (and be able to pass screening tool before returning to school/childcare/day camp).

In either case:

Your child must not have a fever and symptoms have been improving for at least 24 hours or 48 hours if nausea, vomiting or diarrhea to return to school or child care.

### Child Received POSITIVE COVID-19 Test Result

Your child can return to school or child care when:

They have completed 10 days of isolation after symptom onset

AND

They do not have a fever (without taking medication)

AND

Symptoms have been improving for at least 24 hours or 48 hours if nausea, vomiting or diarrhea

AND

They have been cleared by Public Health.

\*All unvaccinated household members must self-isolate for 10 days from last exposure/contact with individual who tested positive.

Follow public health guidance on testing requirements.

While student/child is waiting for COVID-19 test results, they must remain in self-isolation and cannot attend school/ child care in person. All household members who are not fully vaccinated must isolate until symptomatic individual receives negative results.

Household members who are fully vaccinated (received 2<sup>nd</sup> dose of vaccine at least 14 days ago) or were previously positive for COVID-19 in the past 90 days, and do not have symptoms do not need to isolate. If they develop symptoms, they should isolate and seek testing.

\*Anyone who has passed the COVID-19 Screening Tool but has symptoms of illness should stay home until they feel better. Once they feel better, the student/child can return to school/care as long as they continue to pass the COVID-19 Screening Tool.

Medical documentation is not required to return to school or child care.



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Thank you to the Buckhorn District Lions Club for their dedication to Buckhorn Public School students, staff, and school. We are very lucky to have this tireless group come and clean up the front of the school with the assistance of Buckhorn Sand and Gravel.

**BUCKHORN  
SAND & GRAVEL**



Breakfast Club needs double vaccinated volunteers to come into the school one morning a week 8:00am to 9:00am every other week (that is only twice a month) to prep, bag and pack food bins for the classrooms. Contact Sue Swankie Breakfast Club coordinator. email is best [swankie@sympatico.ca](mailto:swankie@sympatico.ca) or call 705-657-1916.

### How can I protect my child from deer ticks?

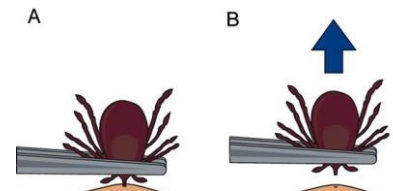
Ticks cannot jump or fly. They climb tall grasses or shrubs and wait for potential hosts to brush against them. If you live, hike or camp in rural or wooded areas where you may be exposed to ticks, especially from late spring to early fall, you should take precautions.

- Ensure you and your children are dressed in long, loose-fitting clothes that cover the arms and legs, a hat and closed shoes (not sandals). Tucking shirts into pants and pants into socks are extra precautions.
- Use insect repellents containing DEET or icaridin as directed on the label. Reapply as suggested.
- Practice daily "full body" checks for ticks, and remove any attached ticks.

### How do I remove a tick from my child?

If you find a tick attached to your child, remove it as soon as possible. Ticks can stay attached and feed for five or more days. Removing a tick within 24 to 36 hours of it starting to feed is likely to prevent Lyme disease.

- Use fine-tipped tweezers to grasp the tick's mouth-part area (not the body) close to the skin surface (Figure A).





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## Style Your Nest Fundraising Event

Parent Council will begin their first fundraising event of this school year. Families can purchase the following items online at Style Your Nest. Style Your Nest is a locally owned and operated company specializing in various nifty home decor and body essential care products. Families can order online at [styleyournest.ca](http://styleyournest.ca) beginning November 1st to November 12th, and all profit goes to our parent council so they can spoil the fantastic children at Buckhorn Public School. Orders will be ready to go home during the first half of December.

Product selection includes:



- Whitewater Premium Candles
- Scentsy
- Happy Hippo Bath
- Walton Wood Body Products
- Cross Wind Farm Soaps & Creams
- Scrunchies/Bracelets (locally made)
- Christmas/Holiday Decor

If you have any questions, please email Jamie at [styleyournest@hotmail.com](mailto:styleyournest@hotmail.com) or call 705-768-0155

Place orders here: [styleyournest.ca](http://styleyournest.ca)

Thank you so much for your support!



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## THE RETURN OF HOT LUNCH

We are fortunate to be able to once again offer FREE hot lunch to our BEARS.

Through generous local donations this is able to continue.

If your new to our school, Every Friday we offer a mostly FREE hot lunch program. You get the first pizza FREE but if you wanted more you are welcome to order them at a cost of \$3 each.

This year we are offering Pepperoni and Cheese or just Cheese Pizza.

There are two options to process this:

- A) Complete the form we send home and pay by cash or cheque
- B) Complete the form we send home and pay online through School Cash (preferred)

At this time the forms cannot be attached through the School Cash System and due to the fabulous FREE option it doesn't show properly on reports. We are working to amend this.

Ensure you fill out a separate form for each of your children

Thank you Pizza Alloro for offering their delicious pizza's at such a great price and creating the personal pizza's for our BEARS.



**Pizza Alloro**



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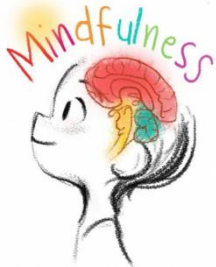
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## Positive Psychology: Harnessing the Power of Happiness, Personal Strength, & Mindfulness



Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness. Every day at 1:40 pm we will take a school wide mindfulness break.

**Mindfulness improves well-being.** Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life. Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.

**Basic mindfulness meditation** – Sit quietly and focus on your natural breathing or on a word or “mantra” that you repeat silently. Allow thoughts to come and go without judgment and return to your focus on breath or mantra.



### Keys to Happier Living

Western neuroscience (the science of the brain) has now confirmed what Eastern wisdom has known for a long time: happiness is a skill we can learn.

Research shows that happiness, compassion and kindness are the products of skills that can be learned and enhanced through training, thanks to the neuroplasticity of our brains.

Every month we will present you with a challenging action to take to increase your happiness.

### **ACTION 3**

**Create a local Action for Happiness group**

Can you find like-minded people joining up to share ideas and take action?



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25 NOVEMBER  
INTERNATIONAL DAY  
FOR  
**THE ELIMINATION  
OF VIOLENCE**  
*Against Women*



“The Declaration on the Elimination of Violence Against Women issued by the UN General Assembly in 1993, defines violence against women as “any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.”

<https://www.un.org/en/observances/ending-violence-against-women-day>

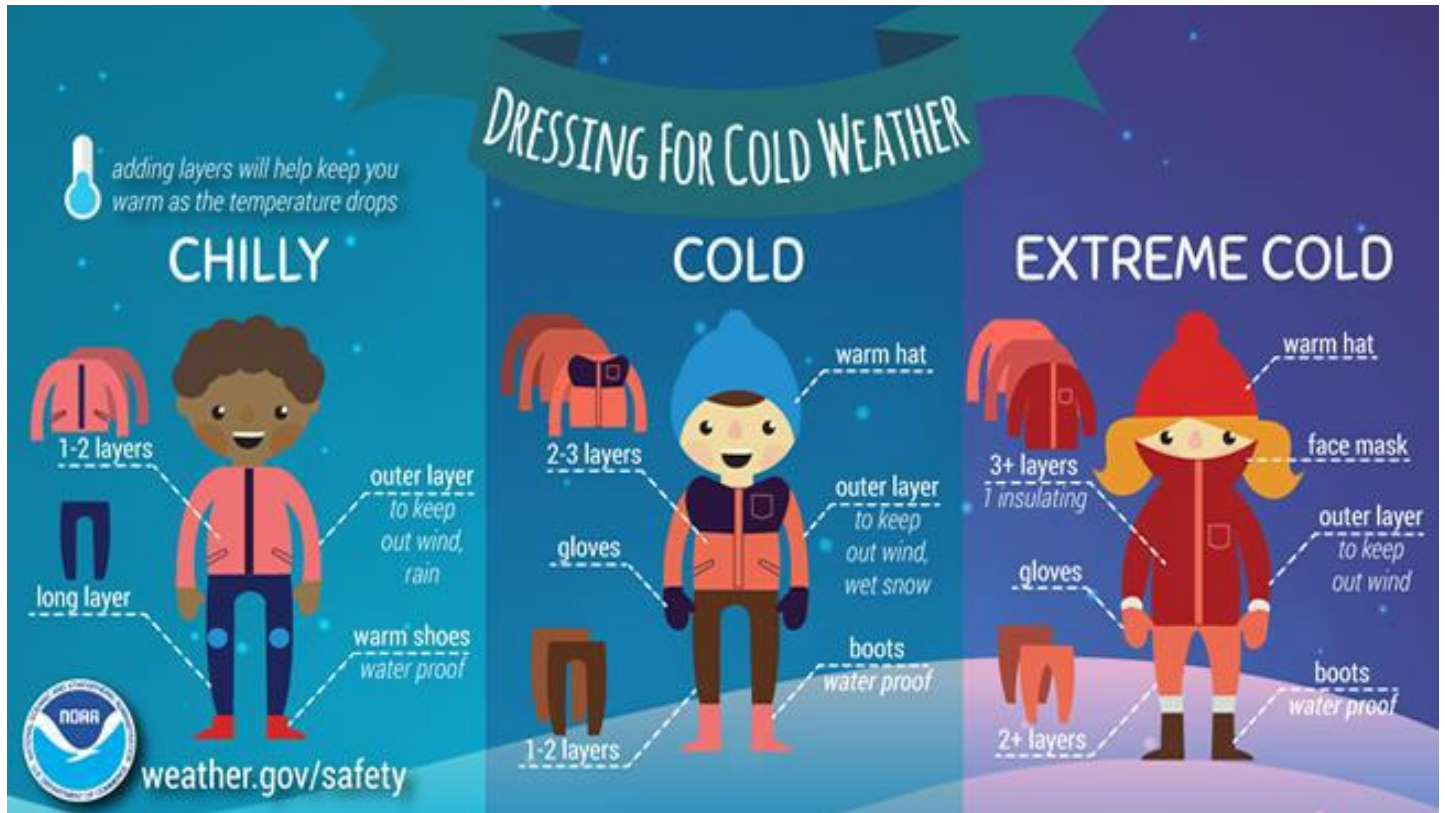
## The Weather is Changing, and We Need to Be Prepared!

Please dress you child(ren) in layers.

You can send a change of footwear with your child(ren) however, all person clothing must go home every night.

Please make sure you label all clothing.

Please pack more than one mask as condensation from the cold weather will make masks wet and uncomfortable.












# THE BEAR NECESSITIES

Buckhorn Public School Newsletter



1783 Lakehurst Rd. Buckhorn, K0L 1J0 \* 1-705-657-8803 Safe Arrival 1-844-434-8119

<https://buckhorn.kprdsb.ca/> \*Twitter @BuckhornPs \*YouTube

Follow us on Twitter <a href="https://twitter.com/BuckhornPs">@BuckhornPs</a> ! Connect with us on EDSBY! Check out our YouTube channel (coming soon!)					
	Monday	Tuesday	Wednesday	Thursday	Friday
8:20 Supervision Begins	1 Day 4 	2 Day 5	3 Day 1	4 Day 2 	5 Day 3 Pizza Day
8:55-9:45 Announcements Period 1 9:45-10:35 Period 2	8 Day 4	9 Day 5	10 Day 1	11 Day 2 	12 Day 3 Pizza Day
10:35-10:55 Nutrition Break 10:55-11:15 Recess	15 Day 4	16 Day 5	17 Day 1	18 Day 2	19 Day 3 Pizza Day
11:15-11:55 Mindfulness break Period 3 11:55-12:55 Period 4	22 Day 4	23 Day 5	24 Day 1	25 Day 2	26 
12:55-1:15 Nutrition Break 1:15-1:35 Recess	29 Day 3 	30 Day 4			
1:35-2:15 Mindfulness break Period 5 2:15-3:15 Period 6					
3:15 Dismissal					

**NEXT SCHOOL COUNCIL MEETING will be virtual on December 2 at 6 pm; join us!**

## COUNCIL

SPEAK OUT BE HEARD MAKE A CHANGE  
WE MUST BECOME THE CHANGE WE WANT TO SEE

Co-chairs: Caroline VanNoort and Allison Schultz

Treasurer: Endrit Karaj

Secretary: Ashley Garbutt

Fundraising for: Scientist in the Classroom, Forest of Reading, Jimmy the Break-dancer, comfy seating for children and a new playground structure.